

# The Butterfly Bulletin

winter 2010

volume 10, issue 4

Newsletter for New Directions for Women, Inc. | 2607 Willo Lane, Costa Mesa, CA 92627 | 800.93.WOMEN | newdirectionsforwomen.org



## Our Mission

New Directions for Women is a safe, caring and sensitive residential treatment facility. By providing exceptional, gender-specific addiction treatment services that are grounded in 12-step principles, New Directions assists women, their families and their children to achieve sustained responsible recovery.

## Levels of Care

### Residential Program

Primary, Transitional and Extended

### Intensive Outpatient Program

Featuring Individual and Conjoint Therapy, Recovery Skills, Relapse Prevention, Family Education and Social Support Groups

### Intensive Sober Living Program

Combines transitional sober living with continued treatment services to help residents successfully transition to a sober lifestyle

*New Directions  
awarded second  
triennial CARF  
accreditation!*

## A Letter From Our Executive Director & CEO...

2010 has brought many blessings and opportunities for thanksgiving mixed with life's difficulties. As an organization, New Directions for Women continues to flourish in a number of ways. We are expanding our foundational trauma curriculum with Seeking Safety in 2011, and passed our second triennial CARF review with flying colors due to the combined efforts of our dedicated staff.

Our returning alumnae have graced us generously with their time, talent, and treasure. Our current MFT intern, an alumna of NDFW with five years of recovery, recently returned, wanting to give back to the place where she got sober. We had another woman who came through as a dependent child with her mother in 2002 return to mentor our children, bringing more experience, recovery and hope.

At the same time, cancer has plagued our organization and we've had to say our farewells to a number of people. We lost Dr. Rev. Maurice Wilson, who made a significant impact on clinical services over the past 6 years, along with Foundation Board Member Pauline Nelson. Each graced us with stellar examples of how to courageously and gracefully battle cancer, while simultaneously supporting the staff throughout their whole ordeals. Thankfully, our current Board Chair Sally Frei appears to be heading towards a full and complete recovery from her cancer diagnosis, after a number of pajama parties in the hospital with our staff.

Amongst all of that, four sober babies were born to women in our program, and we were able to serve 96 women and 15 dependent children in 2010. Maurice and Pauline's spirits join the spirits of our three founders and other board members that have passed, adding to the peacefulness, calm, and serenity that visitors, families, and every patient feels here on this tranquil three acre campus. We know these guiding spirits will continue to help heal our women and sustain our staff as they do their lives work.

The holidays are when many people become keenly aware of how addiction is impacting either themselves or their loved ones. We'd like to leave you with this: Though New Directions only treats women, pregnant women, and women with children, we will do everything in our human power to assist anyone who suffers from this chronic, incurable and often fatal disease. We are available 24/7, 365 days a year. Never hesitate to pick up the phone, call 1-800-63-WOMEN and know that someone will

assist you in helping yourself, or refer someone you care about to the appropriate place. There is no greater gift during this season of giving and peace than to offer help to someone that you know that may be in need.

*Rebecca S. Flood*

Take a deep breath in  
Feel it, taste it, make it real  
What is real? What is life?  
What makes this life anything worthwhile?  
Can I even feel the oxygen infiltrate my lungs?  
The numbness of my heart and my soul  
Cannot even begin to fathom what real life is  
These trials and tribulations  
These dreams and these hopes  
The nightmares of past horrors  
The sweetness of a lover's arms  
Feel those things,  
They've been ignored for far too long  
The warmth of the sun  
The shine and reflection  
That the moon gives off  
On the ocean's infinite surface  
Feel these things, see these things  
It's about time you've woken up  
The harmonious melodies  
Floating in and out of consciousness  
The sweet surrender  
Of letting an old song  
Turn off your mind for just a moment  
Hear these things  
For they will no longer fall upon dead ears  
The kiss of a person  
Who absolutely vibes with your soul  
Hearing a loved one tell you  
"Things will be okay"  
Take these things in; You are worthy of love  
Far beyond your wildest dreams  
The beauty in the world; A butterfly floating past  
Flower petals breezing by  
After the rain on a cool fall day  
Perceive these things  
For you are no longer impaired  
Notice how beautiful your eyes are after a cry  
Feel your cheeks blush  
When you are unexpectedly complimented  
By a complete stranger  
You are far more beautiful; Than you realize  
It's time to come out of this lifelong coma  
It's time to be ready; To feel the pain and the joy  
This is real, this is genuine  
Begin to taste the air you breathe  
Start to fathom what's going on  
Don't be afraid, don't ever hold back  
Just take a deep breath in.

By Hannah W., NDFW Alumna

## Board of Directors

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## Foundation Board of Directors

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Jim Wilder, III, *Treasurer*

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Dan Carracino

Rebecca J. Flood

Carole Pickup

Faith Strong

Ensuring the highest quality treatment

Commission on  
the Accreditation of  
Rehabilitation Facilities



Proud member of:  
**NAATP**  
National Assoc. Treatment Providers

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our updates!

## A Legacy of Love + Service

Rev. Dr. Maurice Wilson, dedicated member of our team and visionary leader at New Directions for Women, passed away on October 19, 2010, not long after he received an initial diagnosis of liver cancer.



*Happily married, professionally partnered, Maurice Wilson and Rebecca Flood*

While overseeing clinical services for the past five years, Maurice served as the Quality Improvement Officer, bringing years of research and other skills in the fields of teaching, theology, psychology and addiction treatment to the task. Among his many accomplishments at New Directions, Maurice introduced and implemented outcome studies, was instrumental in the CARF accreditation process, developed a NDFW therapist handbook and boosted trauma work with Seeking Safety – a new trauma program to be introduced in spring. While supporting the original goals of the program, Maurice brought them into the modern age.

“Maurice embraced what our founders laid down and took it to a whole new level,” said Becky Flood, CEO and wife of the late Maurice. Everything he did here, he left here. Each system he devised was well documented in writing and will be used for years to come.”

As a working ordained minister, Maurice was also responsible for infusing the clinical schedule with a spiritual curriculum. He promoted healing on a spiritual level, bringing in yoga, gardening, drum circles and other healing and meditation therapies.

“Maurice not only developed and enhanced our quality improvement efforts, he was an amazing presence with his spiritual radiance and calmness,” said Lynn Blanchard, New Direction’s Clinical Supervisor. “He gave us many gifts that will forever change the way we approach patient care.”

Maurice led a rich and multi-faceted life as a tenured psychology professor, a certified addiction counselor and clinical supervisor, alongside 30 plus years of service as a senior pastor. His impressive academic career earned him a Masters, Bachelors, and Doctorate in Psychology, and a Masters in Theology. He applied his academic skills to a number of worthy causes throughout his life, and when he came to New Directions in 2004, he volunteered for two years before receiving minimum salary and eventually going on the payroll.

“His was a labor of love,” said Becky. “We loved what we did every day. Our combined backgrounds meshed well, and we regularly challenged each other to create the kind of program that wrapped itself fully around the women and children who seek help from addiction. I am proud of his legacy at New Directions that will continue to help women for generations to come.”



We may be having a cold start to winter, but Repeat Boutique is on fire! With the addition of a special event each month, we are seeing more and more new customers each week. We love hearing the comments from our first-time guests who love the fabulous selection and amazing values they find in the shop. The “Shoe Event,” “Fall Coat Event,” and the “Black-and-White Event,” were all well received. Look for more special events in the new year.

If you haven’t visited us lately, you must come in to see our incredible scarves, jewelry, and handbags. We buy these new items from the same sources as other stores, but the difference is our prices. One guest who came in said she saw the identical new Pashmina scarf (\$16.50 at Repeat Boutique) in another store for \$145! These items are flying out the door, and many shoppers were able to get their Christmas shopping done.

Speaking of gift shopping, Repeat Boutique now offers gift certificates in any denomination. What a great way to introduce your best friend or neighbor to your favorite store! We also now offer gift wrapping for small items – jewelry, scarves, smaller clothing items – and we have gift bags, too. We hope you come to think of Repeat Boutique as a great alternative spot for gift buying, as well as home of the best in upscale resale.

We want to thank all our wonderful donors for their unceasing support of our non-profit efforts to help fund scholarships to our parent, New Directions. In a financial climate that has driven a lot of charity donors to take their things to consignment stores in the hopes of generating extra cash, our donations have not slowed down at all. We are blessed with the best partners we could possibly have, and it is ONLY through your generosity that we continue to thrive and grow. From all the staff members at Repeat Boutique we wish you a happy and prosperous new year.

# Foundation Corner

As 2010 comes to a close, New Directions for Women is gratefully reminded of the tremendous support from its voluntary sector. It is only because of your generous investment in our program that we can continue the life changing work of treating women, mothers with children, and pregnant women, to help heal multiple generations of this hereditary disease.

There still remains countless women who desperately need treatment but cannot afford the full price of care. The new year and a tough economy will challenge us to redouble our efforts at raising funds for these women. We have high hopes for our first annual Phone-a-thon campaign which will take place in mid-January. We hope you enjoy speaking to our volunteers and hearing about new and exciting developments at the New Directions facility. If you would like to volunteer for the Phone-a-thon, please contact the Foundation office at 949.313.1192, extension 103 or email: [foundation@newdirectionsforwomen.org](mailto:foundation@newdirectionsforwomen.org).

We were also the recent recipient of many generous donations that were made in honor of Rev. Dr. Maurice Wilson. Repeat Boutique continues to be a great source for the Pamela Wilder Scholarship Fund, along with volunteer donations in all forms. Thank you for making a difference this season!

*"By investing in New Directions I know that I am investing in the lives of women and children who deserve a chance to live a full life without substances. It's fulfilling to see the hope in their eyes, hear the gratitude in their speech and witness their courageous actions."*

*- Karen Crosson Lutz,  
Foundation Board President*

## New Member of the Team

Renee Pina has been hired on as the Alumnae Coordinator at New Directions. Alumnae relations are an integral part of aftercare and a key ingredient to connecting newly sober women to the recovery community. Renee will implement follow up studies with recently discharged alumnae, and serve as liaison between New Directions for Women and our vibrant alumnae base. One of her key roles is to serve as the NDFW staff contact for OneRecovery – a healthy and healing support network where women leaving the program can connect with fellow alumnae and others who understand exactly what they are going through.

We'd like to welcome Renee and urge all alumnae to take advantage of free membership to OneRecovery. It's a wonderful way to provide support and receive aftercare support from others as well.

A few features:

- Share how you're feeling and see how friends are doing via status updates and emoticons.
- Read member stories for inspiration and hope.
- Encourage others by commenting on blogs and forums.
- Receive instant text message alerts if one of your friends is struggling to offer immediate support.
- Create healthy goals and earn achievements on your profile.
- Join group chat for online meetings and real-time interaction.

Your friends are ready to support your recovery journey in a safe and secure place today. Go to [www.ndfw.onerecovery.com](http://www.ndfw.onerecovery.com) to join. Please feel free to contact Renee if you have any questions about OneRecovery or any Alumnae activities. Call 949-698-2003 or email [foundation@newdirectionsforwomen.org](mailto:foundation@newdirectionsforwomen.org).

## Alumnae



Renee Pina

## 2010 Alumnae Holiday Party



This year's Alumnae Holiday Party was a great time to catch up, share stories, and enjoy each other's company. Among the guests were alumnae from the '80s, the '90s, and more recent alumnae as well. It was such a pleasure to see familiar faces, and get to meet some of the families that came along. To see more pictures, please visit our Facebook!

## Save the Date

### NAATP Board Meeting

Jan. 31-Feb. 1 | New Orleans, LA

### Souldrama Training

March 2 - 6 | San Francisco, CA

### Board Meeting

February 16 - 8:30 am | NDFW Campus

### CAARR Conference

March 20-23 | Sacramento, CA

### 3rd Annual Circle of Life Breakfast

Mar. 29 | Big Canyon, Newport Bch, CA

### Betty Ford Center's

### Women's Symposium

Mar. 31 | San Diego, CA

## Ongoing Events

### Circle of Life Tour + Light Lunch

Every 3rd Thursday at 11:30 a.m.

### Alumnae Nights

Monthly Alumnae Meeting

1st Thursday of the month at 7 p.m.

Monthly Alumnae Dinner + Panel

4th Thursday at 6 p.m.

### AI-Anon Meeting

Every Wednesday from

11:30 a.m. to 1 p.m.

### Closed Women's AA Meeting

Every Wednesday at 11:45 a.m.

in Founder's - lunch provided

### Repeat Boutique Discount Days

Senior Discount Days

Every Sunday 20% off

Tag Change Sale

Every 4th Thursday

New Directions for Women has partnered with OCDeals.org, a new online program that connects you to amazing deals & events in your community. Proceeds help support New Directions in the process. Win-win, right?

You will find some businesses that you already use as well as some new gems you may not have know about. When you make a purchase on OC Deals, 5 to 10% of it is donated back to New Directions. Simply go to their website, join the Deal Alerts for your city, and start shopping! For deals: [ocdeals.org/directory](http://ocdeals.org/directory). For events: [ocdeals.org/events](http://ocdeals.org/events).



NEW DIRECTIONS  
FOR WOMEN

2607 Willo Lane  
Costa Mesa, CA 92627

## Repeat Boutique

370 E. 17th Street, Costa Mesa  
949.548.9927  
www.repeatboutique.org

### Hours:

Tues. - Friday, 10 a.m. to 6 p.m.  
Saturday, 10 a.m. to 5 p.m.  
Sunday, 10 a.m. to 4 p.m.

Non-Profit Org.  
U.S. Postage  
**PAID**  
Permit # 4186  
Santa Ana, CA

## CALLING ALL RECIPES:

We are still accepting submissions for the *New Directions for Women Cookbook*. Dedicate a recipe in honor of your loved one, or tell us the story behind your dish! Please contact Tania Bhattacharyya at 949.313.1192, ext. 103 or [foundation@newdirectionsforwomen.org](mailto:foundation@newdirectionsforwomen.org) for more information.

## Winter recipe



## Mexican Lasagna with chicken



From Alumna  
Nancy E.'s Kitchen

*This is a recipe I have been making most of my life. My mother, Joyce Bratton, and a neighbor created it in 1962 when times were tough (not unlike now) and families had to stretch the dollar when it came to feeding 4 or 6 or 8 hungry children. I remember these two young mothers as the "casserole queens", but this main dish can compete with just about any gourmet cook's offering!*

### Mexican Lasagna with Chicken

- 3 boneless, skinless chicken breasts (cook in broth & shred)
- 1 lg onion, diced
- 2 cloves garlic, crushed
- 2 cans diced tomatoes
- 2 8 oz cans tomato sauce



**Brown onion & garlic; add tomatoes & tomato sauce and simmer with chicken pieces while preparing filling below.**

- 1 cup sour cream (or plain lowfat yogurt)
- 2 cups cottage cheese
- 1 beaten egg
- 1 can chopped black olives (4 oz)
- 1 can diced green chiles (4 oz)

**Combine above 5 ingredients with:**

- 2 cups shredded jack & cheddar cheese

**Spray 9" x 13" casserole dish with Pam and layer in:**

- Buttered corn tortillas
- Meat sauce
- Cottage cheese & sour cream filling
- Shredded cheese

**Repeat layers and bake at 350 for 30 minutes.**

**Also freezes well – just bake for 45 minutes to 1 hour if going from freezer to oven.**

**Serve with favorite toppings.**